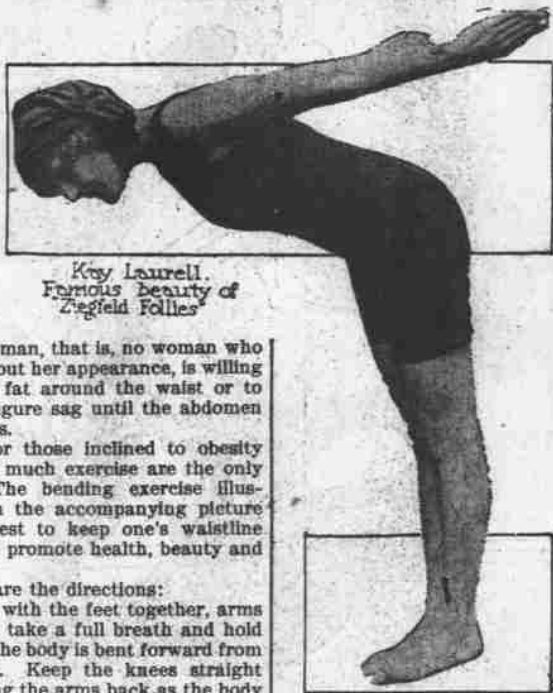


## FOR A PERFECT FIGURE—AMERICA'S 1915 BEAUTY ILLUSTRATES BENDING EXERCISE



Key Laurel.  
Famous Beauty of  
Ziegfeld Follies

No woman, that is, no woman who cares about her appearance, is willing to grow fat around the waist or to let the figure sag until the abdomen protrudes.

Yet for those inclined to obesity diet and much exercise are the only cure. The bending exercise illustrated in the accompanying picture is the best to keep one's waistline trim and promote health, beauty and grace.

Here are the directions:

Stand with the feet together, arms at sides; take a full breath and hold it while the body is bent forward from the hips. Keep the knees straight and swing the arms back as the body bends over. Exhale slowly while returning to upright position.

This gives the muscles of the abdomen "work" to do, and thus burns up the fatty tissue that otherwise would accumulate there.

### HOUSEHOLD HELPS

Try using a lemon squeezer to extract onion juice. There will be no injury to the eyes. Slice off the root end of the onion and proceed as with half a lemon, using a glass or aluminum lemon juice extractor.

If straw hats are not too soiled they may be cleaned by rubbing with a

lemon cut in two. If very much soiled sponge with a solution of one part citric acid to twenty parts of water. Rinse thoroughly with clear water and dry in the sun.

Buttonholes will wear twice as long if a piece of wide tape is inserted between goods, hole cut through all, then buttonholed. Worn buttonholes made in the regular way may also be made strong by using tape to mend them.

Cloths should be kept under stone covers of crocks and jars containing food.